



Coping with change at work

If you're like many workers today, you have to always be ready to adapt quickly to new changes.

Many of today's workplace challenges can be stressful, so it's important to find positive ways to cope with them. Work toward coping with changes at work with this advice.

Rethink your response. It can be easy to feel less than excited, nervous or even distrustful about changes at work. But your response to change doesn't have to be negative. Instead, think about the new opportunities change may bring. You may be able to learn new skills, take on new responsibilities and do new things that you may enjoy even more than what you're doing now.

Get energized. The learning you may need to do as a result of change at work can help keep you interested in what you're doing. You may be asked to learn new skills, take on new tasks or do more work on your own. Go easy on yourself: It's natural to feel some stress and to feel unsure when you're learning something new.

Manage stress in healthy ways. Reach out to others instead of avoiding talk about what's happening at work. If you're asked for input on the change, speak up. People who try to problem-solve and keep a sense of humor when faced with change are usually the ones who handle it the best.

✔ Be kind to yourself. Eating nutritious foods, avoiding tobacco use, getting physical activity, meditating, and talking with friends and family are all healthy habits that can help you successfully cope with change.

New consumer tools help carpenters choose wisely

Motivational author and Washington native Jim Rohn (1930-2009) wrote that there are three questions to ask when trying to solve a problem. What could I do? What could I read? Who could I ask?

Rohn was a successful businessman, not a doctor, but patients would be well served following his advice when making healthcare decisions.

Rohn, who was born in Yakima, also wrote, "Take care of your body. It's the only place you have to live."

When a doctor recommends a test or treatment, do your homework. Know why it's needed, what it's supposed to do, what the risks are,

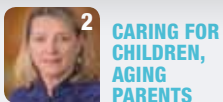
and what the benefits will be.

And yes, it's also important to know the cost, not because you are trying to save money but because you want to spend it wisely.

Who should you talk to? Start with your doctor. Ask questions; the more the better. Questions create dialogue, which can expand your knowledge and lead to an informed decision.

Likewise, providing detailed answers to questions asked by your doctor can improve the accuracy of your diagnosis and treatment recommendations.

continued on page 8





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EXPERT INSIGHT

Caring for children, aging parents – and yourself

By Laurie J. Spresser, L.M.S.W., Care Management, Mayo Clinic
Ms. Spresser specializes in challenges related to health and well-being as a social worker at Mayo Clinic, Scottsdale, Ariz.

Just when you no longer need a baby sitter for your kids, you may find that your mom or dad needs more of your time and attention. Meanwhile, your kids need you, too. You're part of what's called the sandwich generation. Find balance with this advice.

- 1. Assess your parent's needs.** What will it take to ensure your parent's care and safety? Checklists from the **National Caregivers Library** (www.caregiverslibrary.org) may help you assess your parent's needs.
- 2. Remember: This is a team effort.** Your parent should lead this team. Respect your parent's independence and dignity as much as possible. Don't hesitate to ask for help from other family members. Most people are willing and even honored to be of assistance.
- 3. Don't lose time with your kids.** Accommodate your children's needs and wants as much as you can. Ask friends or trusted adults for help with transportation to activities, for example. Prioritize special events so that you or your partner can be there for your child.
- 4. Take care of yourself.** Visit websites such as www.carecalendar.org, www.areaagencyonaging.org, www.alz.org and www.caring.com. Visit a [support group](#) (SEE PAGE 8). Or schedule a lunch hour chat group at work once a month. Sharing with others can be helpful for everybody.

✔ **One more note: Never underestimate the value of family.** Life is a journey we share with those who surround us. Good or bad, lessons are learned, strengths are gained, and laughs, even in the darkest moments, can be shared.



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Helping with homework

If your student needs a little nudge to get homework done, you can help with these tips.

Get rid of distractions. Set a rule that the TV, cellphone and video games all stay off during homework. Create a quiet, well-lit, comfortable study space. This will help your child focus.

Break it down. If your child feels overwhelmed by the amount of homework, help split it up into small chunks. For example, take one assignment out at a time. Keep the rest out of sight to help

your child focus on the homework at hand. Take five-minute breaks here and there for a snack or conversation.

Offer guidance, not answers. Encourage your child to work on his or her own. Be there to answer questions and offer help when needed, but don't do the homework for your child.

Talk with the teacher. Ask your child's teacher how closely you

should keep an eye on your child's homework. Take a moment with your child to look over teacher comments on returned assignments. If your child is having ongoing trouble understanding and getting homework done, talk to the teacher about it.

Try to stay positive. Be firm but kind when your child needs to do homework but doesn't want to.

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Want access to the health experts at Mayo Clinic?

This newsletter provides it. Mayo Clinic's 3,700 physicians, scientists and researchers help develop and review articles in this publication. Our editorial board also reviews each article to ensure that we're offering accurate, action-oriented information.



The 4 areas of physical activity

Here's a quick look at the four types of [physical activity](#) SEE PAGE 8 you need – and why each one is important.



Balance exercises, such as standing on one foot for longer and longer periods of time, can help you

Improve your balance
Reduce your risk of falling



Flexibility training can help you

Move your joints more easily
Improve your posture and balance, especially when you do flexibility and strength training exercises together



Strength training can help you

Reduce your chances of having a heart attack or stroke
Increase your bone mass so that you are less likely to get the bone disease osteoporosis – or can even reverse it if you already have it
Do routine chores around your house and yard more easily
Live longer



Aerobic activity can help you

Reduce your risk of having heart disease or a stroke
Lower your blood pressure
Keep your cholesterol at a healthy level
Reach and stay at a healthy weight
Reduce your risk of having type 2 diabetes
Maintain or improve your stamina
Live longer

MyStory

Lloyd Roholt: 'If I don't walk, I can feel it'

Lloyd Roholt isn't 91 years old – he's 91 years *young*.

His everyday habits – including regular physical activity – play a major role in living a long and enjoyable life.

Lloyd has always been active. He regularly plays golf, and he still fishes for salmon. He used to play hockey and ski. He quit skiing just in the last five years, only because he felt that his balance wasn't good enough for skiing anymore.

Lloyd says he likes “physically being able to do the things I enjoy doing.” This has been a lifelong theme for him.

Physical activity has also helped Lloyd bounce back from surgeries over the years.

“I have a strong drive in my head: Be active,” Lloyd says. “It's hard for me to sit around and do nothing.”

Physical activity has also been a family affair. He and his wife, Betty, like to golf. Together, they taught their sons about the importance of regular activity. Their sons

have carried this lesson through their lives and into their own families.

For the rest of his life, Lloyd's goal will be the same as it's always been: To be fit enough to enjoy the things he likes to do. Regular physical activity is one way Lloyd has and will continue to make this happen. But – like many people – Lloyd has times when he doesn't feel like exercising, even though he thoroughly enjoys being active.

“It takes discipline,” Lloyd says. On the days when he doesn't want to exercise, he works out in front of a TV, watching a sporting event he enjoys.

So, as with life, Lloyd takes his physical activity one day – and one step – at a time. One key to his long life: Walking every day.

“If I don't walk, I can feel it,” Lloyd says. His muscles tighten, and he doesn't like the way that makes him feel. “Walking is one of the best exercises to keep the joints moving and the blood flowing. It's a healthy way to stay fit.”



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“It's a healthy way to stay fit.”

— Lloyd Roholt



Have a personal health success story to share?

Email EmbodHealthnewsletter@mayo.edu or write to Mayo Clinic EmbodHealth newsletter, 200 First St. SW, Rochester, MN 55905. All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material.

What to do when you can't afford your medication

Have you ever gone to the pharmacy with a new prescription, only to find that you can't afford to buy it? You do have some choices. As a first step, talk with your doctor or pharmacist about your concerns. From there, consider these options.

- **Ask about generics.** There may be a generic version of the drug your doctor wants you to take. If not, ask your doctor if there's a similar, older drug that has a generic version.
- **Look into patient-assistance programs for brand-name medications.** Prescription drugmakers may offer lower cost medications or help you pay your copay if you qualify. Manufacturers' websites often have information on financial assistance. Another website to try is www.needymeds.org.
- **Make lifestyle changes.** Sometimes, if you make lifestyle changes, your doctor may ask you to take less of a medication – or you may not need to take it at all. Changes that may help include losing weight, quitting smoking and getting regular physical activity.



LIFE LESSONS FROM THE BLUE ZONES® LOMA LINDA, CALIF.

People in certain areas of the world tend to live longer, healthier lives and experience very few of the diseases that affect others. In these areas, identified by **Dan Buettner**, author of *The Blue Zones*, people are three times more likely than most Americans to live to be 100 years old – and still enjoy life.

Here's what the Seventh-day Adventists of Loma Linda, Calif., do to live longer, healthier, happier lives, according to research conducted by Buettner, his colleagues at **National Geographic** and other researchers that specialize in aging.

- Spend one day of the week focusing on family, God, fellowship and nature.
- Maintain a healthy weight.
- Get regular moderate exercise.
- Spend time with like-minded friends.
- Snack on nuts at least five times a week.
- Volunteer.
- Eat small portions of meat in moderation, as a side dish rather than as the main focus of the meal.
- Eat an early, light dinner.
- Drink plenty of water.



QUICK QUIZ: TEST YOUR UNDERSTANDING

- IF YOU CAN'T AFFORD YOUR MEDICATION, YOUR ONLY ALTERNATIVE IS TO MAKE DO WITHOUT IT.**
 True False
- ALL DRUGS HAVE GENERIC VERSIONS.**
 True False
- THERE ARE PROGRAMS FOR PEOPLE WHO CAN'T AFFORD THEIR MEDICATIONS.**
 True False
- LIFESTYLE CHANGES THAT MAY IMPROVE YOUR HEALTH AND LESSEN YOUR NEED FOR DRUGS INCLUDE:**
 Losing weight Quitting smoking Exercising regularly All of the above

TAKE THE QUIZ, ENTER TO WIN!

ENTER FOR A CHANCE TO WIN ONE OF MAYO CLINIC'S AWARD-WINNING BOOKS!

Contact information will be used for the purposes of this contest only.

Name: _____

Phone number: _____

Email (optional): _____

MAIL Clip out your quiz and mail it to Stephanie Vaughan, *Mayo Clinic EmbodyHealth* newsletter, 200 First St. SW, Rochester, MN 55905.

OR EMAIL your answers and contact information to EmbodyHealthnewsletter@mayo.edu. Include "Healthy You drawing" in the subject line.

WINNERS Contest entries must be received by Sept. 15, 2013. One winner will be chosen to receive a Mayo Clinic book of the winner's choice. Winners will be notified by phone or by email if no phone number is given.

★
Congratulations to Karl W. of Torrance, Calif., the winner of the March Healthy You drawing!

✔ People in all of the Blue Zones share key habits. They eat a healthy diet, get regular physical activity, have a sense of meaning and purpose in their lives, and enjoy a strong sense of community and social support.

ADAPTED FROM BUETTNER D. *THE BLUE ZONES*. 2ND ED. WASHINGTON, D.C.: NATIONAL GEOGRAPHIC; © 2012. PRINTED WITH PERMISSION.

YOUR TEETH & YOUR HEART

What's the connection?

For more than 100 years, doctors have said when your gums are infected, you can have other health problems, too – such as heart disease. But even all these years later, it seems to be too soon to tell if there's truth to this link.

Researchers from the **American Heart Association** recently looked at scientific research on this subject. They couldn't say for sure if gum disease helps cause heart disease or if heart disease can cause gum disease. But the researchers also said that there's a link between heart disease and gum disease that isn't explained by other factors they studied.

What's the bottom line? There's a link between gum disease and heart disease, but it's not known if one causes the other. More research is needed.

✔ **Protect yourself against gum disease by flossing daily and brushing with fluoride toothpaste twice daily. If you have heart disease, tell your dentist. It may affect your care.**



FAQS ABOUT VACCINATIONS

If your child is in school – whether it's kindergarten or college – it's important to make sure his or her vaccinations are up to date. Here's what you need to know.

Q HOW CAN I FIND OUT IF MY CHILD MEETS THE VACCINATION REQUIREMENTS?

A Vaccination requirements – and exceptions that are allowed – can vary by state. They're also sometimes updated or changed. Not sure of your state's requirements? Check with your child's school or child care facility, your child's doctor, or your state health department. The **Centers for Disease Control and Prevention** also lists the latest recommended vaccinations at www.cdc.gov/vaccines/schedules.

Q HOW CAN I KEEP TRACK OF MY CHILD'S VACCINATIONS?

A Ask for an immunization tracking card from your child's doctor or your state health department. Bring this card with you to all of your child's doctor visits. Ask your child's doctor or nurse to record on the card each vaccine that's given, when it's given and the dose.

Q HOW CAN A PERSONAL HEALTH RECORD HELP?

A Staying on top of your child's health information can be a challenge. Consider creating a personal health record for your child. Include vaccination dates, test results and treatments. A personal health record can help you keep all of your child's health information in one place.

Women's Health

A sunny outlook on arthritis

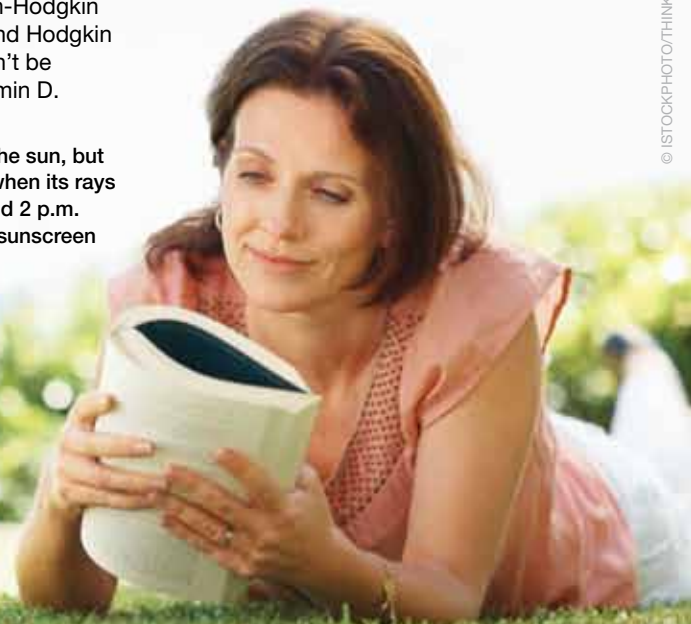
New research shows that women who spend time in the sun may be less likely to have rheumatoid arthritis. A study of about 235,000 women showed that those who got the most UVB from the sun lowered their risk by almost 25 percent.

Here's why this might happen. Sunlight helps your skin make vitamin D. Vitamin D, in turn, is good for your health in a number of ways. Too little vitamin D has been linked to a higher risk of bone problems, cancer, heart disease, multiple sclerosis and type 1 diabetes.

But some research shows that vitamin D may not be the only thing that makes sunlight helpful. In a study of more than 120,000 women, researchers found that

those who were regularly exposed to UV light were less likely to have non-Hodgkin lymphoma, multiple myeloma and Hodgkin lymphoma. These results couldn't be explained by an increase in vitamin D.

✔ **Enjoy the health benefits of the sun, but do so wisely. Avoid the sun when its rays are strongest, between 10 a.m. and 2 p.m. When you're out in the sun, wear sunscreen with an SPF of at least 15.**



ARE YOU AVOIDING YOUR DOCTOR?

If you avoid seeing your doctor, you're not alone. Even when sick, about **1 in 6 Americans** waits nearly a week to see a doctor.

Fear keeps some people home – some are afraid of getting bad news. Others worry they'll be embarrassed. Still others are scared of certain medical tests. Cost is another barrier. Other times, you may not see the doctor simply because you can't get off work during doctor's office hours.

You can solve many of these issues by talking to your doctor. Here are some ways.



If you're anxious about an imaging test, let your doctor know. Learning more about a test can help you feel better about it. Or a sedative could make the test easier. There may also be another test you can get instead.



Cost can be tough to tackle. But, your doctor might know local resources available to you. Your human resources department at work or your health insurance or health plan company also may have ideas.



If scheduling is an issue, ask your doctor if extended hours are an option. If your doctor is part of a medical group, another location might be open later.

It's September – Happy New Year!

Let autumn breezes breathe new life into stale or forgotten resolutions. Use these tips to help get back on track or up the ante if you're ready for the next level.

Check your progress. If you started out strong, use the strategies that worked and commit to finishing the year strong. If you haven't met your goals, wipe your slate clean and try a fresh approach.

Think small. Studies show that achievable goals can be the best fuel for progress. Set your sights low and build up slowly. For example, if you'd like to strive for more physical activity, get out for a quick five-minute stroll the first day – no more. Then set a new goal when you're ready to take another step.

Be specific. Post a list of concrete goals where you'll see them easily and check them off daily. Some ideas: Walk 1,000 more steps every day, eat one more serving of fruits or vegetables with every meal, or take the stairs instead of the elevator.



integrative insights Why is stress such a big deal?

Stress is part of life. Sometimes it can help give you the energy you need to meet a challenge, but other times it can make you feel nervous and make it hard to focus.

When your body is faced with stress, it goes into what's called fight-or-flight mode. Your body gets ready to either fight what's causing your stress or run away from it.

Your body reacts to emotional or mental stress in the same way it would if you were being attacked by a saber-toothed tiger or facing a natural disaster. This response used to be very helpful when people faced physical threats more often – such as that saber-toothed tiger. But often these days, stress is caused by meetings, deadlines or conversations. This is when the fight-or-flight response turns into an overreaction. It can make it hard to do what you set out to do.


When you're faced with stress, your brain sends fight-or-flight chemicals throughout your body. These chemicals can affect all of the different parts of your body. This is why, over time, [chronic stress](#) (SEE PAGE 8) can be hard on your body and can affect how it works.

Here's the good news: You can cope with stress and limit the effects of stress. Getting regular physical activity and enough sleep are two ways. Mind-body approaches – such as yoga, acupuncture, meditation and massage therapy – also can help.



“Different mind-body approaches can make you more resilient,” says **Amit Sood, M.D., Mayo Clinic**, Rochester, Minn. Dr. Sood created the Stress Management and Resiliency Training Program at Mayo Clinic. “By training your brain, you can handle stress more proactively.”

Healthy eating *on the go*

Don't let the hectic schedules of a new school year take a toll on your family's healthy-eating habits. Try these tips for eating well [on the go](#)  [SEE PAGE 8](#).



BREAKFAST

Include protein, whole grains and fruit.



1 6-oz. container of low-fat yogurt



1 whole-grain granola bar



1 apple



LUNCH

Include protein, whole grains, fruits or vegetables, and a dairy product.



1 whole-grain tortilla + leftover rotisserie chicken



lots of romaine lettuce



1 serving (8 oz.) low-fat milk



DINNER

Aim for a dinner plate half-filled with fruits and vegetables, one-quarter filled with whole grains and one-quarter filled with lean protein.



Frozen veggie burger + whole-wheat bun



side salad of lettuce, tomatoes and any other vegetables you like



a peach for dessert



SNACKS

Include nutrient-rich foods from the major food groups.



Whole-grain crackers



peanut butter



fresh fruit and vegetables


Men's Health


ONE MORE REASON TO LIMIT FAT

Eating too much saturated fat isn't only bad for your heart. It may also help lead to a low sperm count, according to new research in **The American Journal of Clinical Nutrition**.

In the study, researchers found that men who ate the most saturated fat had a lower sperm count when compared with men who ate the least. Sperm count can be an important factor in a man's ability to father a child.

Other research has shown a link between saturated fat and sperm count. Research has shown that there are dietary choices men can make that are good for sperm health. Including omega-3 fatty acids (fish oil, others), antioxidants and walnuts in a man's diet have shown to be helpful.

-  Limiting saturated fat is good for your health in many ways. Keep your saturated fat to less than 7 percent of your daily calories.

 Use these suggestions to start thinking of other ideas for quick, healthy meals.



Swap your favorite dried fruits and nuts!

Fruit and nut granola bars

Total prep and cooking time: 75 minutes | Serves 16

- 2½ cups old-fashioned oats
- ½ cup dried skim milk powder
- ¾ cup dried cranberries, raisins or chopped, dried fruit
- ½ cup chopped almonds, walnuts, pecans or peanuts
- 2 tsp. ground cinnamon
- ¼ cup canola oil
- ½ cup honey
- 2 eggs
- 2 tsp. almond extract

1. Preheat oven to 300° F. Line a 9-by-9-inch pan with aluminum foil or parchment paper and spray with nonstick vegetable spray.
2. In a large bowl, stir together oats, milk powder, cranberries, almonds and cinnamon.
3. In a smaller bowl, blend oil, honey, eggs and almond extract.
4. Pour the liquid over the oat mixture and mix with a large spatula until the liquid is evenly distributed.
5. Press mixture evenly into the prepared baking pan.
6. Bake for 45 to 50 minutes or until lightly browned.
7. Cool for 10 minutes and turn onto a cutting board. Cut into 24 bars with a sharp knife and cool completely before storing in an airtight container.

Nutrition analysis per serving:

190 calories, 6 g total fat (1 g saturated fat, 0 g trans fat, 4 g monounsaturated fat), 25 mg cholesterol, 30 mg sodium, 28 g total carbohydrate (3 g dietary fiber, 16 g sugars), 5 g protein



WANT MORE INFORMATION?

Visit www.CarpentersHealth.org

For more on:

Support groups
Getting physical activity
Chronic stress
Healthy snack ideas

Search on:

[support group](#)
[physical activity](#)
[chronic stress](#)
[on the go](#)

HealthQuestions

Q How do I know when it's time to get antibiotics for my child's ear infection?

A According to the **American Academy of Pediatrics (AAP)**, more than 3 out of 4 children with middle ear infections get better without antibiotics. In its new guidelines, the AAP says to go straight to antibiotics in only two cases: for babies age 6 months and younger, and for older children who have ear drainage or severe symptoms. Severe signs and symptoms may include significant ear pain and a fever above 102° F.

For other children, the AAP says to wait for two to three days. Over-the-counter pain relievers, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, others), can help relieve discomfort. Putting a warm cloth over the ear that hurts also may help. If symptoms aren't better by then, talk to your child's doctor about antibiotics.

Q What's the best way to keep fingernails from breaking?

A There are several things you can try to help keep your fingernails from breaking.

- Keep your fingernails short.
- Apply moisturizer to your fingernails and cuticles several times a day.
- Try soaking your nails in water, applying moisturizer and then wearing cotton gloves when you sleep to help seal in the moisture.
- Wearing a thin coat of clear nail polish can help seal in moisture. Be sure to use nail polish remover no more than once a week.
- The oral supplement biotin may help strengthen weak or brittle nails.

? HAVE A STORY IDEA OR HEALTH TOPIC YOU'D LIKE TO READ ABOUT?

Email it to us at EmbodyHealthnewsletter@mayo.edu or write to us at Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

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New consumer tools help carpenters choose wisely continued from page 1

As for what to read, check out these new resources for help making decisions that lead to the best outcomes and best value for your healthcare dollars.

Choosing Wisely®

There is excessive waste in today's healthcare system, and providers are receiving a fair amount of criticism for ordering procedures and treatments that don't work and aren't necessary.

Consumer Reports® is cooperating with the American Board of Internal Medicine to present *Choosing Wisely*, a consumer education campaign designed to promote dialogue between patients and physicians about what care they truly need.

The centerpiece of the campaign is a series of patient-friendly materials, more than 30 in total, developed with the input of national organizations representing many medical specialties, such as the American Academy of Pediatrics, and the American Academy of Family Physicians. The materials can help you choose care that is necessary, safe, supported by evidence, and does not duplicate tests or procedures already received.

Visit consumerhealthchoices.org/campaigns to find *Choosing Wisely* information, tools and resources from Consumer Reports.

Healthcare Blue Book®

To make smart purchasing decisions, it's essential to know the cost. That's a no-brainer for most people. Why else do we study price tags when shopping?

By contrast, we seldom if ever see a price list posted in a physician's office. Even more alarming is the fact many patients never ask for one. And if they did, few would be able to determine if the prices are reasonable or excessive.

Paying more doesn't mean you'll have fewer complications, faster recovery, or better outcomes. All things being equal – why pay more?

Healthcare Blue Book (www.healthcareblubook.com) is a free consumer guide to help you determine fair prices in your area on many common healthcare services, including surgeries, office visits, therapies, labs, images/MRIs, cosmetic surgery, dentistry and more.

Most hospitals and doctors don't publish their prices, and the "list price" for services (sometimes called billed charges) is much higher than what insurance companies pay providers.

Even if you have insurance and use in-network providers, the negotiated prices can vary a lot. The Healthcare Blue Book prices reflect the average amount that most providers in your area will accept from major insurance carriers. You may save money by checking the negotiated rates with several in-network providers.